

CAB ‘knocks off dust and cobwebs’ on North Shore

Story and photos by
SGT. DANIEL SCHROEDER
25th Combat Aviation Brigade Public Affairs
25th Infantry Division

DILLINGHAM AIRFIELD — Skills involving tasks such as chemical, biological, radiological and nuclear scenarios; setup and operations of the single channel ground-to-air radio system; and how to establish a secure perimeter took place on the North Shore, recently.

Approximately 600 Soldiers from 3rd General Aviation Support Battalion, 25th Avn. Regiment, 25th Combat Avn. Brigade, 25th Infantry Division, participated in the field training exercise to train on basic Soldier tasks.

“The intent of the training is to

start out at the basic level to prepare them for operating in a light and austere environment for a 96-hour period, unlike Operation Enduring Freedom,” said Maj. Boyce Buckner, operations officer.

“When we look at our formation, we see gaps in generations. Some of the Soldiers remember how to do it, but haven’t done it in years, and the Soldiers out of Advanced Individual Training have done it once. We are helping

ing build a foundation for the Soldiers in field training and field craft.”

The battalion conducted a convoy operation out to the training site to begin the exercise.

“How better to knock the dust off and cobwebs loose ... than to have our leaders and subject matter experts train our Soldiers in convoy ops,” Buckner said. “This is also a preparatory phase on how to train our Soldiers for convoy live-fire training later.”

Staff Sgt. Lee Hockersmith, a flight medic with Company C, mirrored Buckner’s views of the training.

“It was good to get back to basic Soldier tasks. Some of this stuff I haven’t done in years,” said Hockersmith.

The exercise consisted of two phases of training; the first phase consisted of three company-level situational training exercises. The lane training is designed to involve the companies in the planning, preparation and execution of the training while strengthening the bond in the battalion.

“I was surprised with as much as I remembered on topics as well as how much I forgot on certain tasks,” said Hockersmith. “The basic Soldier tasks are important because everyone is a rifleman first; everyone has his own job. Some of the tasks will keep you alive.”

The second phase introduced a battalion-level scenario that emphasized the need to communicate between companies to successfully accomplish the mission.

“We did not make this training so complex that it was overwhelming, but challenging and engaging enough that Soldiers came out of it with a sense of reward and understanding,” said Buckner.

The training built a foundation between experienced and novice warriors.



Soldiers practice replacing their protective mask air filter canister on the CBRN training lane during the 3-25th field training exercise, Aug. 6.

(Photo has been altered from its original form; background elements have been removed.)

See CAB A-3

2nd SBCT warriors make great Ranger candidates

STAFF SGT. SEAN EVERETTE
2nd Stryker Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — The U.S. Army Ranger School is one of the toughest, most physically demanding schools the Army has to offer.

“I had heard so much about Ranger School and how tough it was, and all the tribulations

people have gone through,” said Capt. Daniel Lee, 1st Battalion, 21st Infantry Regiment, 2nd Stryker Brigade Combat Team, assistant Operations officer and recent Ranger School graduate. “Then, going there, in my experience, it lived up to all the hype and how hard it was, and also it was at some points easier.”

Easy is not something people usually associate with this school, but Lee is not the only Soldier in the 2nd SBCT to feel this way.

“The physical aspect is tough, but it’s really not that hard,” said Spc. Bradley Beach, Scout Platoon, Headquarters and Headquarters Company, 1st Bn., 27th Inf. Regt., 2nd SBCT. “It’s just the suck part that you have to get past, and that’s about it. If you go there with a good mindset, you’re good to go. There’s nothing to it.”

It may surprise some to hear these thoughts about such a tough school, but if you look at the Ranger statistics from the Infantry Branch of the Enlisted Personnel Management Directorate, the thoughts start to make sense. The 2nd SBCT has the highest percentage of 11B infantrymen who are Ranger qualified out of all of the Stryker brigades in the Army.

If you look at all of the infantry brigades combined, only four have a higher percentage, and three of those four brigades are part of the famed 82nd Airborne Division. Also, of those four brigades, only two of those actually have more Rangers.

There are 43 brigade combat teams in the Army. This fact means that, according to Human Resources Command, the 2nd SBCT ranks up near the top when it comes to Rangers, and these statistics don’t even count the Ranger-qualified Soldiers in the brigade who are not infantry.

Many of the brigade’s Rangers are home grown. It seems as though 2nd SBCT’s success at Ranger School is because brigade leadership knows how to pick and send the right people.

“I think that being independent and trying to figure things out yourself is important,” Lee said. “It shows and refines your dedication to what you really want to do before you go to the Pre-Ranger Course or Ranger School, which is absolutely necessary to pass.”

Being able to think and solve problems seem to be necessary traits, but the Army is a team, and no Soldier stands alone.

“My squad leader, he got me ready, physically and mentally,” Beach said. “He gave me all kinds of classes. He was a great guy and had my back through everything. He just worked me, had me ready, squared me away. If I needed it, he was there for me.”

Beach also said something that sums up the Warrior Ranger.

“Don’t talk about it. Be about it,” Beach said.



Different rappel techniques are demonstrated at the 25th ID Lightning Academy at the East Range Training Complex. The Lightning Academy is home to the Pre-Ranger Course, a prerequisite every potential Ranger School candidate has to successfully complete. (Photo by U.S. Air Force Tech. Sgt. Michael Holzworth)

DREE preps for worst disasters

Story and photo by
SGT. 1ST CLASS MARY FERGUSON
8th Theater Sustainment Command
Public Affairs

DHAKA, Bangladesh — Historical patterns in the region, here, reflect that the heavily populated country, which sits on three crossing fault lines, is three decades overdue for a major earthquake.

In an effort to prepare for the massive impact that such an unpredictable disaster would have on the country, U.S. Army-Pacific partnered with the Bangladesh Armed Forces Division (AFD) and government in developing a realistic exercise that brings together civil and military experts to build a framework of regional collaboration, readiness and response.

USARPAC, Bangladesh AFD, government and civil organizations, and international observers kicked off the 2013 Pacific Resilience Disaster Response Exercise & Exchange (DREE) during an opening ceremony, Sunday.

The four-day DREE was the fourth annual humanitarian assistance/disaster relief engagement between USARPAC and the Bangladesh AFD, and its goal is to operationalize a multinational coordination center plan that integrates response across civil and military institutions.

“It is not a question of whether. It is not question of if. It is only a question of when,” explained U.S. Ambassador Dan Mozena. “When will Dhaka be hit by a large magnitude earthquake? If Dhaka were hit by a 7.0 magnitude earthquake, then about 20 percent of the 350,000 buildings in this great mega city, would collapse.”

While Bangladesh is accustomed to thinking about the unthinkable and is often considered a global model of preparedness for various types of natural disasters, the country

has little to no experience with earthquake response. Through exercises such as DREE, America continues to assist Bangladesh in preparing for such a disaster.

“Events like the DREE contribute to our common goal of humanity,” said Lt. Gen. Abu Beial Mohammad Shafiul Haque, the Bangladesh AFD’s principal staff officer. “Let us all work together and combine our efforts and mitigate the impact of natural disasters.”

The 2013 DREE was designed to maximize best practices and leverage subject matter expertise, opening with expert presentations on earthquake vulnerability in Bangladesh, U.S. disaster management response, the Standing Order on Disasters and the National Disaster Management Act, the Dhaka City earthquake contingency response plan, and international disaster response.

A tabletop exercise provided a forum for 128 participants to brainstorm and engage in discussions related to a major earthquake scenario, and a field training exercise allowed 450 participants to apply those discussions in a practical setting at the Fire Service & Civil Defense Training Academy in Mirpur.

The field exercise hinged on four major areas: command and control, search and rescue, engineering and debris management. It featured a rubble pile built by Bangladesh AFD to simulate a collapsed building, providing realistic search and rescue training opportunities for civil organizations and rescue volunteers.

The DREE concluded with a full day dedicated to an after-action review, where participants evaluated and shared what they thought went well and what can be improved to enhance future exchanges and maximize preparedness.



Lt. Col. Glenn Donelin (right), civil affairs officer, USARPAC, facilitates discussion between members of the Bangladesh military, civil and government organizations during the 2013 Pacific Resilience DREE. (Photo has been altered from its original form; background elements have been removed.)



The HAW is an authorized newspaper, produced in the interest of the U.S. Army community in Hawaii by the U.S. Army Garrison Hawaii Public Affairs Office. Contents of the HAW are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The HAW is printed by the Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Govt., under exclusive written agreement with U.S. Army, Hawaii.

The HAW is published weekly using the offset method of reproduction and has a printed circulation of 15,300. Everything advertised herein shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

The appearance of advertising herein, including inserts and supplements, does not constitute endorsement by the Dept. of the Army, or the Honolulu Star-Advertiser, of the firms, products or services advertised.

Commander, U.S. Army Garrison-Hawaii
Col. Daniel W. Whitney
Garrison Command Sergeant Major
CSM Philip J. Brunwald
Director, Public Affairs
Dennis C. Drake
656-3154
Chief, Internal Communication
Aiko Rose Brum, 656-3155
aiko.brum@us.army.mil
News Editor
John Reese, 656-3488
news@hawaiiarmyweekly.com
Pau Hana Editor
Jack Wiers, 656-3157
community@hawaiiarmyweekly.com
Staff Writer and Photo Editor
Sarah Pacheco, 656-3150
sarah@hawaiiarmyweekly.com
Layout
Estrella Dela Cruz-Araiza
Advertising: 529-4700
Classifieds: 521-9111
Address:
Public Affairs Office
314 Sasaoka St., WAAF Building 300, Room 105
Schofield Barracks, HI 96857-5000
Website:
www.hawaiiarmyweekly.com
Nondelivery or distribution
656-3155 or 656-3488

Contributing Tenant Commands
U.S. Army-Pacific
Russell Dodson, 438-2662
25th Infantry Division
MSG Rodney Jackson, 655-6354
2nd Stryker Brigade Combat Team
SSG Sean Everette, 655-6233
3rd Brigade Combat Team
CPT Evan Scritchfield, 655-1083
25th Combat Aviation Brigade
CPT Richard Barker 656-6663
8th Theater Sustainment Command
SFC Mary Ferguson, 438-1000
311th Signal Command (Theater)
Liana Mayo, 438-4095
94th Army Air & Missile Defense Command
SFC Karry James, 438-2945
9th Mission Support Command
Brian Melanephy, 438-1600, ext. 3114
18th Medical Command (Deployment Support)
SSG Nicole Howell, 438-4737
Tripler Army Medical Center
CPT Eren McBride, 433-2809
U.S. Army Corps of Engineers-Honolulu District
Joe Bonfiglio, 835-4002
500th Military Intelligence Brigade
SSG David Padilla, 655-1237
599th Transportation Surface Brigade
Donna Klapakis, 656-6420

Police Call

DES highlights installation access control

COL. MARK JACKSON
Director, Emergency Services,
U.S. Army Garrison-Hawaii, and
Commander, 8th Military Police Brigade,
8th Theater Sustainment Command



Jackson

Numerous community members have approached the Directorate of Emergency Services with questions regarding access control policies for the garrison.

For entry into Schofield Barracks, Wheeler Army Airfield, Tripler Army Medical Center, Fort Shafter and Pihilaau Army Recreation Center, individuals must present a DOD or family member ID Card.

Non-DOD ID cardholders are allowed on post if escorted by a DOD ID cardholder. Children 14 and under do not have to show IDs. If there is an adult in the vehicle, all minors 17 and below

are not required to show an ID. Guests remain under the responsibility of their sponsor at all times.

At Aliamanu Military Reservation, Red Hill and Helemano Military Reservation, the same policies apply: Non-DOD ID cardholders are required to be escorted onto the installation.

Military Police patrols periodically conduct ID checks at the gates. An ID check is required for all drivers gaining vehicular access to the lobby at the Hale Koa.

Additionally, MP patrols periodically conduct random antiterrorism measures (RAM) when randomly selected vehicles are stopped and thoroughly searched. Drivers of stopped vehicles are required to present valid documentation. Possession of contraband and/or failure to present valid documentation leads to apprehension and prosecution under state and federal law.

Failure to present insurance and proper registration of the vehicle can also lead to towing.

The following are excerpts of actual

MP blotter entries from U. S. Army Garrison-Hawaii's area of operations. Subjects are innocent until proven guilty.

Prohibited acts related to drug paraphernalia

•June 16, McNair Gate stopped a vehicle containing three teenagers matching a previously released, be-on-the-lookout description. One of the teens attempted to flee and was detained by MPs. A search of the individuals led to the discovery of a small plastic bag containing a green leafy substance.

During the investigation, one of the teens spontaneously admitted to possessing a glass pipe. All evidence was collected and a local contractor towed the vehicle.

The driver and one teen were charged with prohibited acts related to drug paraphernalia. The driver was also cited for no driver's license on person and for expired safety. The two were later released to their sponsors.

Driving while license suspended

or revoked
•July 30, a pickup truck with expired registration was stopped at Foote Gate as a result of RAM. When asked to present a driver's license, the driver claimed she did not have it on her.

A national database check revealed that her New York license had been suspended. The driver was detained, transported to the Schofield Barracks Police Station, processed and released to her sponsor's unit representative.

She was issued one citation for driving while her license was suspended and a citation for failure to register the vehicle. The truck was towed.

•Aug. 3, McNair Gate stopped a vehicle with an expired safety inspection. A national database check revealed that the driver's Mississippi license was suspended. The driver was apprehended, processed and released to his unit representative. He was issued one citation for driving while license was suspended and a ticket for expired safety registration. The vehicle was released to his passenger on the scene.

BACKTObASICS

Welfare of troops is being a professional NCO

COMMAND SGT. MAJ. JOHN TREIDA
303rd Ordnance Battalion
(Explosive Ordnance Disposal)
8th Military Police Brigade
8th Theater Sustainment Command

"Competence is my watch word. My two basic responsibilities will always be uppermost in my mind — accomplishment of my mission and the welfare of my Soldiers."
— (Extract from the Noncommissioned Officer Creed)

As explosive ordnance disposal and chemical, biological, radiological and nuclear leaders, there is nothing closer to our hearts than the accomplishment of our mission, with one of the most vital parts being the welfare of Soldiers.

Here in the 303rd Ordnance Battalion (Explosive Ordnance Disposal), we have taken the back to the basics focus and used it to shape our Noncommissioned Officer Development Program (NCODP), concentrating on the meaning of what it is to be a professional.

What exactly does it mean to be a professional? Webster defines the word as

"characterized by or conforming to the technical or ethical standards of a profession." The Army defines the professional Soldier as "an expert; a volunteer certified in the profession of arms, bonded with comrades in a shared identity and culture of sacrifice and service to the nation and the constitution, who adheres to the highest ethical standards and is a steward of the future of the profession."

Through the NCODP and other opportunity training, we have focused on two things: equipping our leaders with the knowledge necessary to be experts in the accomplishment of their mission through the understanding of current doctrine and equipping them with the knowledge and tools necessary to help their Soldiers and themselves.

We provided them resources to assist their Soldiers with everyday life is-



Trieda

sues and concerns, and produced business cards with garrison hotline phone numbers for Army Community Service (ACS), Red Cross, Soldier/Family Assistance, the on-call chaplain and many others.

During one NCOPD, all NCOs were required to attend Ask, Care, Escort training. In later sessions, we hosted ACS financial advisors for a class on basic investments and to discuss what ACS could offer Soldiers and their families as they struggle to make ends meet. Through these classes, we have equipped the most junior leaders with the tools and basic skills they will need on a daily basis to ensure the welfare of their Soldiers and to be stewards of the future of the profession.

Transitioning from that, but not leaving it behind, we are now concentrating on providing our leaders with the understanding of current doctrinal terminology and the knowledge of how Army doctrine relates to their assigned missions. I believe that through this understanding, these leaders will be capable of relaying the importance of any task, no matter how insignificant or me-

nial it may seem.

This knowledge starts with Army Doctrine Publication 1 (ADP 1), which is necessary for all board candidates to know and understand. We are steadily walking through all of Doctrine 2015 to ensure NCOs are not only competent in their basic responsibilities, but also have a greater understanding of the Army's mission.

In our mission set, this information can be easily related in ADP 3-28, Defense Support of Civil Authorities, from our mission of providing decontamination support to local governments to providing protective support to the Secret Service.

In our endeavor to return back to basics, the 303rd has worked to give our Soldiers an understanding of what it is to be a professional. We have worked to equip our NCOs with the tools necessary to ensure the welfare of our Soldiers and understand how they play a vital role in the profession of arms through mission accomplishment.

Following this model, our two basic NCO responsibilities will always be uppermost in our minds.

FiTSTEPS in FAITH

Practical tips for married couples put families first

CHAPLAIN (MAJ.) MICHAEL DERIENZO
2nd Squadron, 6th Cavalry Regiment
25th Combat Aviation Brigade
25th Infantry Division

History has never recorded anyone declaring "I should have spent more time at the office" as his dying words.

As a chaplain, I've talked with many people about what is most important in life. My conclusion is this: The most enduring and important issue for each of us is the quality of the relationships with people we care about.

I'd like to prompt our thinking about investing better quality time with our spouses, children and family members. There are many competing demands for our time and attention. Many have lamented that they should've spent more time with their families. So, what can we do to enhance our marriage and family relationships?

Americans continue to rank family as their top priority, above health and finances. However, many of us struggle to actually prioritize time with our families.

We can prioritize and improve our

family relationships with a few practical tips. One major improvement is to write down family events in our day planner. Set appointments with your family. It is often easier for us to state that we have an appointment than to state that we have a family event to attend.

The next time you want to protect time with your family, schedule it in your planner and shamelessly inform others that you have an appointment. We all know that we cannot miss appointments!

Additionally, schedule weekly date nights with your spouse. It is important to continue to invest in our marriages. Most of us were on our best behavior while we were dating. Some couples stop dating each other once they get married, but getting married is the best reason to continue to date a spouse. We can continue to pursue each other by



DeRienzo

including a weekly date night.

Finally, we can read books on marriage and parenting. As military and civilian professionals, we do a lot of professional reading. We keep up with current events and read history to give us insight into what the future holds or read for pleasure.

We can demonstrate to our spouses that our marriage and family are top priorities to us by continuing to educate ourselves on marriage and parenting issues. I recommend two excellent books that have given my wife and I many valuable tools to keep the marriage fires burning:

- "The Five Love Languages" by Gary Chapman and
- "The Seven Habits of Highly Effective Families" by Stephen Covey.

Many of our married friends have reported that these two books were worth their weight in gold for the practical tools and lessons provided to couples.

Consider ways of staying in touch with members of your family. One easy way is to pick up some postcards and send them out to loved ones on a regular basis. Tourists pay thousands of dollars to

visit sites like Waikiki Beach, Hanauma Bay, Pearl Harbor, Waimea Bay and the North Shore of Oahu. Why not pick up some postcards or write a letter and let your family members know about your visits to these beautiful places?

Use technology (Facebook, Skype, email) to stay in touch. Be intentional about staying in regular, planned communication with those who are most important to you.

These are a few tips for putting family first. Our relationships will improve as we invest the time and make the effort. By implementing these practical ways to put family first, we will find our marriages enriched, our families satisfied and ourselves much more content.

Getting it Straight

In the Aug. 16 issue, p. A-1, the "8th TSC's Surgeon Cell Updates Combat Lifesaver skills," was mistakenly cast as "Army and Navy Quality Control Assists in Guam." The corrected headline and story are online at HawaiiArmyWeekly.com.

Voices of Ohana

Women's Equality Day is Aug. 26.

"Who, in your opinion, is a strong female role model and why?"

Photos by 9th Mission Sustainment Command Public Affairs



"My best friend, Xan. She demonstrates remarkable tenacity, perseverance; she never quits and always keeps her word."

Sgt. Adam Garcia
All source intel. analyst, 9th MSC



"My wife, Juliet, is a strong female role model. She is caring and organized, and everything else that an Army spouse should be."

Lt. Col. Jonathan Hirsch
Deputy SJA, 9th MSC



"Michelle Obama. She epitomizes the true meaning of faith, family and country, while enduring the challenges females encounter daily."

Master Sgt. Sandra Roberts
Senior HR sergeant, 9th MSC



"Leanne Mai-ly Hilgart of VauteCouture allows us to vote for the world we want to live in, making it easy to be fashionable, compassionate."

1st Lt. Christina Sewell
Operations officer, 9th MSC



"Irene Hirano Inouye, who, as the president of the Japanese American National Museum, demonstrated strength, leadership and grace."

2nd Lt. Jonathan Tsujimura
Plans officer, 9th MSC

Private-public partnerships proposed by USAR chief

Story and photo by
TIMOTHY HALE
Army News Service

PETERSON AIR FORCE BASE, Colo. — Lt. Gen. Jeffrey W. Talley, chief of the U.S. Army Reserve, outlined priorities and the way ahead during the Army Reserve Senior Leader Forum, here, Monday.



Lt. Gen. Jeffrey Talley, chief, USAR and commander, USAR Command, outlines his vision to keep the Reserve a lifesaving and life-sustaining force for the nation, focusing on the way ahead for warrior-citizens.

Talley said one of his top priorities is a new private-public partnership to help Army Reserve Soldiers learn valuable skills that correlate to trade professions in the private sector.

“This is what I think will change the Army Reserve forever,” Talley said. “We’ll plan, prepare, and provide and keep us part of the operational force as we get utilized in a responsible way throughout the (Army Force Generation) cycle.”

“The private-public partnership initiative will recognize that solutions that are global problems cannot be solved by the government,” he continued. “They have to be solved by the private-public sector, and we’re in a unique place to bring that partnership together because we’re citizen-Soldiers.”

Talley envisions evolving the functionality and mission of the current Employer Partnership Office, which has more than 4,000 agreements in place, to help Soldiers build their civilian-acquired skills under a private sector model.

He said, on the unit side, the idea is to get private companies to pay for projects that reinforce Title 10 training. Talley cited water projects in Africa as an example of how this would work.

“We’ll pay for the (overseas deployment training), which is Title 10 training, but the building materials and all the other stuff that is going to enable you to do that training is all going to be paid by Water Partnership,” he said.

He added the Army Reserve has been doing work like this for years in places like Africa and Central and South America. Now he is including the private sector and government agencies, such as the U.S. State Department, in these initiatives.

“It allows us, in the Army Reserve, to do a better job with Title 10 training for ourselves in delivering things, in this case, the State Department or combatant commander would want,” Talley said.

“This private-public partnership initiative allows us to recognize that perhaps our greatest strength is that we’re citizens and we’re Soldiers,” Talley said.

In addition to the public-private partnership initiative, Talley said every member of the Army Reserve must concentrate on improving the response to and prevention of sexual harassment, preventing suicide and finding the best solutions for manning and training the force with reduced financial resources.

“Those are the ones I focus on every day,” Talley said. “Those are the four big rocks in our rucksack that are just always going to be constant.”

Policy changes for spouses

AMERICAN FORCES PRESS SERVICE
News Release

WASHINGTON — The Department of Defense announced its plan to extend benefits to same-sex spouses of uniformed service members and Department of Defense civilian employees, according to a DOD news release issued, Aug. 14.

After a review of the department’s benefit policies following the Supreme Court’s ruling that Section Three of the Defense of Marriage Act is unconstitutional, and in consultation with the Department of Justice and other executive branch agencies, the Defense Department will make spousal and family benefits available no later than Sept. 3, regardless of sexual orientation, as long as the service member-sponsors provide a valid marriage certificate.

The DOD remains committed to ensuring that all men and women who serve in the U.S. military, and their families, are treated fairly and equally as the law directs.

Entitlements such as Tricare enrollment, basic allowance for housing and family separation allowance are retroactive to the date of the Supreme Court’s decision. Any

claims to entitlements before that date will not be granted. For those members married after June 26, 2013, entitlements begin at the date of marriage.

The DOD recognizes that same-sex military couples who are not stationed in a jurisdiction that permits same-sex marriage would have to travel to another jurisdiction to marry. That is why the department will implement policies to allow military personnel in such a relationship non-chargeable leave for the purpose of traveling to a jurisdiction where such a marriage may occur.

This policy will provide accelerated access to the full range of benefits offered to married military couples throughout the department, and help level the playing field between opposite-sex and same-sex couples seeking to be married.

For civilian benefits administered government-wide to federal employees, the DOD will follow the Office of Personnel Management and the Department of Labor’s guidance to ensure that the same benefits currently available to heterosexual spouses are also available to legally married same-sex spouses.

CAB: New troops eager to learn

CONTINUED FROM A-1

“There were times during the training you could tell the newer Soldiers were getting overwhelmed, but they looked toward the more experienced Soldiers for guidance and direction,” Hockersmith said. “They were eager to learn, willing to listen, to take direction and to execute orders. The training showed our newer Soldiers that they have leadership who knows what to do, how to handle a platoon, company and situation, and helped bond us all as a company.”

“We tried to set up Team Hammerhead better than before, and I believe we have done that,” said Buckner.



Soldiers from 3rd GSAB, 25th Avn. Regt., set up concertina wire during the security training lane at the field training exercise, Aug. 6.

CID warns of broken promises, empty bank accounts from scams

ARMY NEWS SERVICE
News Release

WASHINGTON — The U.S. Army Criminal Investigation Command, continues to warn the greater Army community and the American public, to be vigilant of Internet scams and impersonation fraud, especially within popular social networking and dating websites.

CID special agents frequently receive reports from around the world of various scams involving criminals pretending to be U.S. Soldiers.

These scam artists often portray themselves as male U.S. Soldiers, and then prey on the unsuspecting victim’s emotions, leading to nothing more than broken promises and an empty bank account for their victims.

Cyber criminals also continue to create profiles of senior Army officers and noncommissioned officers, to include the use of official photographs, in an attempt to lure unsuspecting persons into revealing personal, banking or financial information.

What is CID?

CID is an independent criminal investigative organization that investigates serious, felony-level crime, such as murder, rape, sexual assault, robbery, arson, fraud and cyber crime or intrusions into the Army networks.

CID strongly recommends that Soldiers, civilians and family members who come across any known suspicious social networking or dating site profiles or who are solicited in this fashion from a person posing as a U.S. Soldier, immediately email CID at Army.CID.Crime.Tips@mail.mil.

Scammers will often make contact with potential victims through various social networking sites. After contact, often during instant messaging or email correspondence, the scammers attempt to manipulate and exploit their victims. Tactics used by cyber criminals include preying on their target’s emotions, appealing to the recipient’s sense of empathy or a desire for financial gain.

Complying with these requests often places the victim at risk financially and opens them up to the possibility of becoming a victim of identity theft.

Those who actively facilitate Internet scams can face criminal charges. Soldiers and civilians who knowingly participate in the negotiation of fraudulent money orders or travel checks in furtherance of fraud schemes are subject to Title 18 of the U.S. Code, Section 1343, Fraud by Wire, Radio or Television.

The title states that individuals who devise schemes to defraud, obtain money or property under false pretenses, representations and/or promises will be fined or imprisoned for not more than 20 years, or both. Violators that affect financial institutions can be imprisoned for not more than 30 years, fined up to \$1 million, or both.

CID strongly recommends that Soldiers, civil-

ians and family members who come across any known suspicious social networking or dating site profile or are solicited in this fashion from a person posing as a U.S. Soldier, immediately contact CID.

U.S. citizens and residents who have suffered a financial loss should contact their nearest field office of the U.S. Secret Service. Also, victims are advised to continue reporting these scam emails to law enforcement agencies.

What to look for

Be extremely suspicious if you are asked for money for transportation costs, communication fees or marriage processing and medical fees. Many of the negative claims made about the military and the supposed lack of support and services provided to troops overseas are far from reality, so check the facts.

Where to go for help

Report the theft to the Federal Trade Commission at www.ftc.gov/idtheft. Your report helps law enforcement officials across the U.S. in their investigations.

•By phone, call 1-877-ID-THEFT (438-4338) or TTY, 1-866-653-4261.

•By mail, address Identity Theft Clearinghouse, Federal Trade Commission, Washington, DC



Tactics used by cyber criminals include preying on their targets’ emotions, appealing to the recipients’ sense of empathy or a desire for financial gain.

Is it a scam or not?

If you do start an Internet-based relationship with someone, check them out and research what they are telling you with someone who would know, such as a current or former service member.

•Be very suspicious if you never get to actually speak with the person on the phone or are told you cannot write or receive letters in the mail.

Service men and women serving overseas will often have an APO or FPO mailing address. Internet or not, service members always appreciate a letter in the mail.

•Be very suspicious if you are asked to send money or ship property to a third party or company. Oftentimes the company exists, but has no idea or is not a part of the scam.

•Be aware of common spelling, grammatical or language errors in the emails.

•Be very cautious when placing your personal photographs on social media sites.

20580.

Report the theft to the Internet Crime Complaint Center (IC3) (FBI-NW3C Partnership) at www.ic3.gov/default.aspx.

To assist law enforcement in cases where your identity has been used during the commission of these scams (i.e., photograph) with no further personally identifiable information disclosed, report the fraud to the Internet Crime Complaint Center (IC3) (FBI-NW3C Partnership) at www.ic3.gov/default.aspx.

(Editor’s note: Article from CID Public Affairs.)

Army finalizes plan to conduct marine study

U.S. ARMY GARRISON-HAWAII
Public Affairs

SCHOFIELD BARRACKS — The U.S. Army has finalized its plan to study marine resources at Makua Beach and surrounding areas.

The sampling and analysis plan (SAP) explains in detail how the Army will collect and analyze marine resources to determine whether military activities at Makua Military Reservation (MMR) have contributed or will contribute to contamination of the marine resources near Makua, and whether proposed Army training activities at MMR pose a health risk to area residents who rely on these marine resources for food or other purposes.

More Resources

Individuals can request updates directly by emailing usaghi.pao.comrel@us.army.mil.

For more details, visit www.garrison.hawaii.army.mil/makua/supplemental.

The SAP is part of an overarching supplemental marine resources study ordered by the Federal District Court, June 20, 2012.

The plan may be viewed or downloaded at www.garrison.hawaii.army.mil/makua/supplemental. It is also available at the Waianae, Kapolei and Waialua public libraries, and the Waianae and Nanakuli high school libraries, under the title “Final Supplemental Marine Resources Study Sampling and Analysis Plan Makua Military Reservation Oahu, Hawaii.”

In consideration of the environment, printed copies are available upon request.

Now that the plan is finalized, the Army will work with local fishermen and individuals from the University of Hawaii to collect samples of limu (algae/seaweed), he’e (octopus) and loli (sea cucumber) that were selected for testing based on community input and consistent with the Court’s order.

The fieldwork will begin in September, and samples will be collected during both the wet and dry seasons.

The public’s involvement in this study has



A he’e (octopus) is just one of the many species to be studied in the waters surrounding Makua Beach as part of a supplemental marine resources study. (Photo by Joby Rohrer)

been invaluable since the initial community survey was announced in October 2012. The Army will continue its efforts to engage the communi-

ty via updates online, at neighborhood boards, and through local media and community leaders, as available.



POHAKULOA TRAINING AREA

Decision published for infantry platoon battle course

U.S. ARMY GARRISON-HAWAII
Public Affairs

SCHOFIELD BARRACKS — The U.S. Army published the record of decision (ROD) to construct and operate a modern Infantry Platoon Battle Course (IPBC) and associated infrastructure to support current and future Army training requirements at Pōhakuloa Training Area, Hawai‘i.

The military construction project, which was authorized and funded by Congress for 2013, would support the live-fire training needs of the Army, Army Reserve and Hawai‘i Army National Guard units, as well as other military services stationed or trained in Hawai‘i.

To comply with the National Environmental Policy Act, the Army prepared an environmental impact statement (EIS) that evaluated the potential environmental and socioeconomic effects associated with alternatives to construct and operate the IPBC. In the Final EIS (published in the Federal Register April 26, 2013), the Army presented analysis for two alternative locations:

- Alternative 1, the Western Range Area, and
- Alternative 2, Charlie Circle.

The Army identified the Western Range as the preferred and selected alternative. The Western Range is in an under-used portion of the PTA impact area where no ranges currently exist. The location has already been exposed to indirect munitions fire, and constructing the battle course here would reclaim a portion of the impact area.

This location was selected because this site

better supports operational needs than the other alternatives. This alternative works best for dismounted infantry operations because it allows realistic scenarios, similar to what Soldiers are expected to encounter in combat operations overseas, and therefore provides the greatest training benefit.

The ground is also primarily comprised of ‘a‘ā lava, which is much more susceptible to softening, and construction can occur at a much lower cost than the pāhoehoe lava found at Charlie Circle. In addition, this alternative would result in fewer impacts on cultural and natural resources than the Charlie Circle location.

Cultural resources and listed plant species surveys were conducted, and though both were found to be present on the proposed range area, impacts to these resources can be avoided or mitigated.

The battle course allows the Army to train and test infantry platoons and other units in the same way they would fight, as a group. The skills necessary to detect, identify, engage and defeat stationary and moving infantry and armor threats will be trained and tested in this course.

Soldiers would fight the threats with small arms, machine guns and other weapon systems as part of live-fire training exercises. This battle course allows Soldiers maneuvering on the ground to practice coordinating air support. In addition to live-fire, the range would also be used for training with subcaliber and/or laser training

devices. This type of training is essential for Soldiers to be prepared for the threats they will encounter during combat operations overseas.

During the analysis, the Army identified potential environmental impacts to air quality, threatened and endangered species, cultural sites, encountering munitions and explosives of concern, and igniting wildfires. Analysis showed significant impacts could occur to cultural resources.

To lessen or eliminate impacts to cultural resources, the Army entered into a programmatic agreement with the Advisory Council for Historic Preservation and Hawai‘i State History Preservation Office, in compliance with Section 106 of the National Historic Preservation Act. The agreement contains detailed actions the Army will take to reduce potential adverse effects to cultural resources.

For example, U.S. Army Garrison-Pōhakuloa Cultural Resources staff is working with the construction design team to make sure cultural resources are avoided where possible. They will also develop educational and awareness materials for the construction crew and install other protection measures at the site to ensure resources are avoided.

The U.S. Fish and Wildlife Service issued a biological opinion, Jan. 11, for the construction and operation of the battle course. The opinion contains various actions the Army will take during the construction and operation to reduce the impacts on natural resources.

For example, the biological opinion contains measures required to protect the Hawaiian goose (nēnē). The Army will implement these measures throughout the entire Pōhakuloa Training Area.

The ROD includes the final measures the Army adopted to avoid, minimize and mitigate impacts to cultural and natural resources.

ROD and Final EIS

Requests to obtain a copy of the ROD may be emailed to USARMY.JBSA.AEC.MBX@mail.mil or contact the U.S. Army Environmental Command Public Affairs Office at its toll free number, 1-855-846-3940.

An electronic copy of the ROD and Final EIS is also available on the project website at www.garrison.hawaii.army.mil/pta_peis/default.htm.

Spottedbear transitions from reservation to mat

NCO finds new challenges

STAFF SGT. SEAN EVERETTE
2nd Stryker Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Even with the Army opening up more positions to women, it’s still unusual to see a female Soldier involved in programs usually male dominated.

This fact didn’t stop Staff Sgt. Julian Spottedbear, 2nd Stryker Brigade Combat Team, 25th Infantry Division, communications noncommissioned officer.

This mother of two recently graduated from the Basic Combatives Instructor Course, more popularly known as Level Three of the Modern Army Combatives program.

“I always said, ‘If I were a guy, I’d be infantry,’” said Spottedbear. “But I’m not obviously. I’ve always wanted to do Soldier stuff.”

Spottedbear is Oglala Lakota and grew up on the Pine Ridge Reservation in South Dakota, an hour south of Mount Rushmore. She said Pine Ridge is one of the poorest reservations and had a population of around 5,000 when she joined the Army in 1998.

The same drive that pushed her to graduate

Level Three Combatives is what motivated her to join the Army at 18.

“I don’t like being bored,” she said. “I have to keep advancing. I have to keep doing something, and I like the challenge. I always say that, if I get bored, I’m going to find something else to challenge me.”

Spottedbear has used her drive to keep going even when she hasn’t had the best leadership. She said that the leadership at her first two duty stations was not the greatest, and she was bounced around from NCO to NCO a lot. It wasn’t till she got to her third duty station with 4th Brigade Combat Team, 1st Infantry Division, at Fort Riley, Kan., that she finally got the leadership she’d wanted and needed from the beginning. It was here that she learned what it means to be an effective leader and good NCO.

“I want to be the leadership that I didn’t have to the Soldiers around me,” said Spottedbear. “It doesn’t matter if they’re mine or anybody else’s. You can’t talk the talk, unless you can walk the walk, and that’s my whole thing behind it.

“If I’m going to mentor these guys,” she continued, “I have to know what I’m talking about. In

order to know what you’re talking about, you have to experience or do it.”

After her time at Fort Riley, Spottedbear came to Hawaii for the first

time, before moving on to become a drill sergeant at Fort Leonard Wood, Mo. She picked up Level One Combatives at Drill Sergeant School and went through Level Two shortly after getting to Fort Leonard Wood. She joined the post’s combatives team and made it to the All Army Competition, though she didn’t get to compete.

Despite all that she’s accomplished, however, she feels like she has a lot to make up for, and this reason is another why she pushes herself and her Soldiers so hard.

“If I can do it, then I know my Soldiers can do it,” she said. “If I’m doing it, I can tell my Soldiers, ‘If I did it, you can do it.’ There’s no excuse.

“It’s not so much for myself. It’s more for the Soldiers,” she said. “I didn’t have that mentorship, so I want to be that mentor. If they feel like ... I’m doing it and they see it, they’re going to want to do it.”



Staff Sgt. Julian Spottedbear, 2nd SBCT, 25th ID, prepares for a match during the Basic Combatives Instructor Course to be an example for her Soldiers. (Photo by 1st Sgt. Derrick Garner, Headquarters and Headquarters Company, 2nd Stryker Brigade Combat Team, 25th Infantry Division) (Photo has been altered from its original form; background elements have been removed.)

NEWS Briefs

Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today
Accelerated Roadwork — Roadwork requiring lane closures at Schofield Barracks’ Higgins Road is ahead of schedule. The top lift of pavement for the outbound lane began yesterday; phase five will be Aug. 29-30, with work hours overnight, 6 p.m.-4:30 a.m.

There will be no through traffic from Higgins to Wheeler, Sept. 7. Traffic exiting Higgins

Road will be a right turn only. Access to driveways on Higgins Road will be available at all times. Call 656-2532.

24 / Saturday
Walk — A domestic violence awareness walk takes place at 10 a.m. at the Aliamanu Military Reservation community center. Wear whatever comfortable shoes you want. Call (253) 363-1345.

25 / Sunday
Anniversary — Celebrate the 100th anniversary of Schofield’s Soldier’s Chapel. The food, fellowship and fun begin at noon. Call 655-9307.

26 / Monday
Wheeler Traffic Alert — There will be lane closures at Santos Dumont Avenue, from Sterling Road to Warhawk Street and at Kawamura Gate. Closures between Sterling and Whiteman roads will be 7 a.m.-

4:30 p.m. until Sep. 19; closed between Whiteman Road and Warhawk Street, Sep. 20-Oct. 10 (traffic will be one-way, eastbound, during lane closures).

Work at Kawamura Gate will be at night, 6 p.m.-4:30 a.m., Oct. 10-11. Call 656-2532.

27 / Tuesday
Power Outage — Fort Shafter buildings 535, 536 and the gas station will experience a scheduled power outage for maintenance work, 8-11:30 a.m. Call 656-7051.

28 / Wednesday
Women’s Equality Day — Celebrate the right for women to vote at 10 a.m. in the Helemano Military Reservation chapel. Call 438-9310.

September 7 / Saturday
Fisher Run — Be at the Pa-

cific Aviation Museum on Ford Island, 6 a.m., for the 8k Hero and Remembrance Fisher House Run, Walk or Roll. No cost to participate. Register at <http://triplerfisherhouse.eventbrite.com>.

9 / Monday
Schofield Traffic Alert — A full road closure of Lyman Road between Carpenter and Maili streets, beginning today, will conclude Nov. 2. This road closure is phase 4 of five phases. Information on the 5th phase will be published at a later date.

Local access to the large vehicle/overflow lot will be provided from Maili Street. A walkway/jogging path will be maintained along Lyman Road during this phase.

Please follow the posted signage and stay on the marked path.

Shafter Traffic Alert — There will be a 24-hour road

closure starting from the northeast end of Rice Drive onto Rice Loop, until Sept. 20. Call 351-1168.

10 / Tuesday
Suicide Prevention — Suicide Prevention Month’s 2013 theme is “Shoulder to Shoulder: Standing Ready and Resilient.” Dr. Michelle Linn-Gust, past president of the American Association of Suicidology, will speak at 9:30 a.m. at Schofield’s Sgt. Smith Theater. Call (703) 695-5429.

11 / Wednesday
Facebook Town Hall — Attend the quarterly online Facebook Town Hall, hosted by Col. Daniel Whitney, commander, U.S. Army Garrison-Hawaii, 1-2:30 p.m., at www.facebook.com/usaghawaii, under the “Events” tab.”

27 / Friday
Job Fair — The Schofield

Barracks Army Career & Alumni Program hosts a job fair, 9 a.m.-1 p.m., on the Soldier Support Center Lanai (Building 750). For details and a list of companies attending, visit www.garrison.hawaii.army.mil/acap/default.htm.

Ongoing
Survey — Take the USAG-HI customer survey. Your feedback will help improve services provided on all of Army Hawaii’s installations. Call 656-0880/0881, visit www.surveymonkey.com/s/2013_Community_Survey, or scan this code:




Healing Waters

Members from the WTB (in green) give 110 percent to edge past the U.S. Marine Corps team in the last 50 feet to the finish line for the win in the Wounded Warrior Race of the Wounded Warrior Canoe Regatta, Sunday. (Photos by Staff Sgt. James Waggoner, Warrior Transition Battalion Public Affairs, Tripler Army Medical Center)

Canoe regatta doubles as PT for Wounded Warriors

SARAH PACHECO
Staff Writer

 AIKIKI — Sunday morning the stretch of beach, here, was abuzz with the usual traffic of locals and tourists alike headed out for a day of surf, sand and sun.

But the lawn behind Fort DeRussy was especially alive with the sounds of a live band and the excited energy of 40-plus canoe crews, event plan-

ners and nearly 800 spectators getting ready for the launch of the Wounded Warrior Canoe Regatta, one of the kick-off events of the 12th annual Duke's OceanFest.

Organized by Malama Na Koa, a Wounded Warrior support program, the regatta has become a highly anticipated event ever since its inception in 2009 as a means to assist recovering troops through the “healing power” of Hawaiian waters.

“The Na Koa Wounded Warrior

Canoe Regatta gives us a chance to introduce those who have sacrificed so much to the people who want to help and want to partner with them in their corporations,” said David Livingston, regatta chairperson and president of event sponsor the U.S. Navy League-Honolulu Council.

“These young men and women have given so much,” Livingston continued. “It’s now time to repay them by allowing them an opportunity that matches their talents and

their enthusiasm for life.”

“It is our obligation to pay these heroes back with respect and to honor them with our aloha during their time of need,” added Ed Kubo, former U.S. attorney and regatta organizer.

“It can never be said too often when we say, ‘Thank you for your service and for the freedoms we enjoy,’” Kubo continued. “This is why we will continue to seek to help our military and their families.”

The day’s competition consisted of six-person teams going head-to-head in four separate races between the Hale Koa and the U.S. Army Museum.

Participants included Wounded Warriors and active duty service members from all branches of the U.S. military, as well as veterans who had previously served in the armed forces and high school students from Junior Reserve Officer Training Corps programs, Hawaii Sea Cadets, Hawaii Civil Air Patrol and Hawaii Youth Challenge Program.

Ultimately, the spoils went to the following victors:

- Army, Wounded Warrior Race;
- Coast Guard, Active Duty Race;
- Kehiakahoe Canoe Club, Veterans Race; and
- Punahou High School JROTC, Youth Race.

However, according to Maj. Ray O'Donnell, cadre, Warrior Transition Battalion, Tripler Army Medical Center, all participants came out winners.

“I think it’s an incredible event,” O'Donnell said. “For me, personally, as a former warrior in transition, it’s really neat to see these types of events that are tied in both historically and culturally to Hawaii, and that give an alternate physical therapy event to these Soldiers as they’re striving to recover and remain on active duty, or those who are striving to transition into the civilian world and working toward becoming productive members of the community.”



WTB and Ka Mamalahoe Canoe Club members get situated in the water before moving out to the starting line during the Wounded Warrior Canoe Regatta.

See REGATTA, B-4

WTB wins top honors in annual Wounded Warrior Regatta

Story and photo by
STAFF SGT. JAMES WAGGONER
Warrior Transition Battalion
Public Affairs
Tripler Army Medical Center

WAIKIKI — Members from the Warrior Transition Battalion, Tripler Army Medical Center, competed in the Wounded Warrior Canoe Regatta, sponsored by the 12th annual Duke's Ocean Fest, Sunday.

The WTB entered seven canoe crews into the competition and paddled against fellow wounded warriors from the Coast Guard, the Hawaii Air National Guard and the U.S. Marine Corps.

Participants competed in one of four race categories — Wounded Warrior, Active Duty, Veteran or Youth. Also, Junior Reserve Officer Training Corps units from Mililani,

Punahou and Waianae high schools competed in the Youth category.

Despite their injuries and obstacles, WTB Soldiers were able to persevere and come together as a team to place first and second in the Wounded Warrior category, and second in the Active Duty category.

“Although they are healing and can’t do everything, this gives them the opportunity to still excel in something and be a part of something, be part of a team,” said Kimo Wheeler, a retired command sergeant major and the coordinator between the Ka Mamalahoe Canoe Club and the WTB.

In early 2013, Ka Mamalahoe Canoe Club and the WTB entered into a partnership to develop, institute and perpetuate a physically healthy and therapeutic alternative training pro-

gram for Soldiers who were impacted by the rigors of years of training and deployments.

Ka Mamalahoe also educates and broadens the cultural horizons of the Soldiers by teaching them the ways and terminology of Hawaiian canoe paddling.

“Being out in the ocean and paddling, just being in the water, gives me the most peace out of everything; that’s what I enjoy the most,” said Staff Sgt. Frank Lessary, a Soldier in transition assigned to Company B, WTB.

“We paddle as one to achieve the same goal: to win. But win or lose, we love to be on the water,” said Lessary. “There’s a lot of motivation and dedication on our team.”



Members from the WTB take a moment to show off their canoe paddle trophies awarded for their first-place victory in the Wounded Warrior Race of the Wounded Warrior Canoe Regatta, Sunday.



Briefs

Today

TAMC Pool Closure — The Tripler Army Medical Center pool and deck are closed until further notice due to a water line break. The facility will be reopened as soon as the deck is repaired, pool thoroughly cleaned and water readings are brought back to respective levels. AMR pool hours will be expanded during this time, Monday-Friday, 6 a.m.-6 p.m., and Saturday-Sunday (normal hours of operation), 11 a.m.-6 p.m. Contact Momi Smith, aquatics manager, 655-9653.

Teen Social — The AMR Teen Center will host a back to school social, 7-9 p.m. Military ID is required. Cost will be \$3 for registered CYSS members and \$4 for non-CYSS members. Light refreshments will be served. Call 833-0920.

24 / Saturday

Tropics Barbecue — The “Grill Your Way Into Summer Part III” party begins at 5 p.m., Aug. 24, at the Tropics Warrior Zone. Menu includes ribs, mashed potatoes, baked beans and ice cream float. Tickets are \$15. Games include volleyball, horseshoe and limbo. Call 655-5698.

“Wonderland Late Night” — Tropics Warrior Zone’s late night party, beginning at 8 p.m., follows the barbecue. IDs are required for this 18 and older event. Call 655-5698.

26 / Monday

Mongolian Barbecue —Select your favorites from a large variety of meats and vegetables, 5 p.m., every Monday at Kolekole Bar and Grill, and grilling will be to your liking. Cost is 65 cents for each ounce. Call 655-4466.

Workweek Lunch — SB Kolekole Bar and Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974) offer daily lunch from 11 a.m.-1 p.m. Enjoy buffet style or menu items.

Pau Hana Social Hour — Kolekole Bar & Grill hosts an after-work fun time, Monday-Wednesday, 4:30-6:30 p.m., and Thursday-Friday, 4-6 p.m. Enjoy discounted appetizers and domestic draft beverages. Call 655-4466.

Sand Volleyball — Join weekly competition on Mondays; game starts at 6 p.m., SB Tropics Warrior Zone. Call 655-5698.

27 / Tuesday

FS Preschool Story Time —

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Secret Sound Showcase — Hidden downstairs in the Doris Duke Theater, SSS features up-and-coming local talents from a wide range of backgrounds and styles. From 9-11:45 p.m., Aug. 23, rock band Busekrus and hip-hop artists Super Groupers share the stage. Admission is \$10. Call the Honolulu Museum of Art at 532-8701 or visit www.honolulumuseum.org.

24 / Saturday

Cleanup — Volunteers are needed to assist with Kalihi Valley Homes’ community cleanup, 8 a.m.-1 p.m., Aug. 24, at Kalihi Valley Homes, located at 2250 Kalena Dr., Honolulu. Volunteers will pick up rubbish and rake grass. Call Shaye at 832-3336.

Domestic Violence Awareness Walk — Begins at AMR Com-

Duke’s OceanFest ends Aug. 25

DUKE’S OCEANFEST
News Release

WAIKIKI BEACH — The 12th annual Duke’s OceanFest honors the iconic Duke Kahanamoku and celebrates the enduring magnificence of Waikiki Beach’s sports heritage, Aug. 17-25.

Presented by the Outrigger Duke Kahanamoku Foundation (ODKF), with support from numerous community-minded sponsors, Duke’s OceanFest offers a variety of exciting ocean sports competitions and special events during the nine-day festival, to conclude this weekend.

“Duke’s OceanFest is dedicated to creating opportunities for people of all ages and abilities to compete in ocean sports ... just as Duke Kahanamoku wanted,” said Jim Fulton, Duke’s OceanFest chair.

While competitions and events are held at locations stretching the length of Waikiki Beach, most of the action takes place fronting the Duke Kahanamoku statue, Duke’s OceanFest headquarters, with exhibit booths, judges’ stand and awards stage overlooking Queen’s Surf.

Net proceeds raised will be donated to ODKF to help

fund college scholarships and athletic grants for Hawaii residents and nonprofit organizations competing in water sports and volleyball.



Duke’s OceanFest honors legendary Hawaiian waterman Duke Kahanamoku with ocean sports and activities through Sunday, Aug. 25. (Photo by James Crawford)

The Duke

Duke Paoa Kahanamoku (1890-1968) is regarded as Hawaii’s greatest athlete, having won six Olympic medals, including three gold medals in swimming (1912-1932), and is also recognized as the “Father of International Surfing.”

He was the first person inducted into both the International Swimming Hall of Fame (1965) and International Surfing Hall of Fame (1966).

Schedule of Events

Friday, Aug. 23

•8:30 a.m.-3:45 p.m., Hawaiian Airlines Duke’s Legends Surf Classic: Teams of amateurs and accomplished athletes surf with the sport’s legends in this pro-style meet. Concludes Aug. 24.

•5-8:30 p.m., A Hawaiian Evening: History and Culture of Surfing–1910 to 1970s: A talk-story presentation by author and surf photographer Tim DeLaVega about the history of surfing in Hawaii. To feature the centennial edition of “The Surf Riders of Hawaii” by A.R. Gurrey Jr.

Saturday, Aug. 24

•6:10 a.m., Duke Paoa Kahanamoku Sunrise Birthday Lei Draping: A special sunrise ceremony commemorates the 123rd

anniversary of Duke’s birthday.

•7:45 a.m., Duke Kahanamoku Sand Volleyball Championships (Adult Doubles): Two-person teams compete, on the Kapiolani-Queen’s Sand Volleyball Court.

•9 a.m., Duke’s Waikiki Ocean Mile Swim: Open-ocean sprint along the Waikiki shoreline. Race starts in front of Duke’s Waikiki restaurant.

•10:45 a.m., Hawaii Paddleboard Championship: A grueling 10-mile sprint from Maunalua Bay in Hawaii Kai to Queen’s Surf.

•5:30 p.m., Hawaiian 105 KINE Great Hawaiian Luau: Good friends and great food are the hallmarks of this beachfront luau, on the outdoor lawn of the Waikiki Aquarium.

Sunday, Aug. 25

•7:45 a.m., Duke Kahanamoku Sand Volleyball Championships (Keiki Doubles): Two-person keiki (children) teams compete, on the Kapiolani-Queen’s Sand Volleyball Court.

•9 a.m.-5 p.m., Duke Kahanamoku Open SUP Show-down: SUP individual competitors and teams test their skills in three events along Waikiki Beach.

•All day, Tiki’s Grill & Bar Surfboard Water Polo: Six-person teams play water polo while on surfboards, just like how Duke and fellow beach boys did in the 1920s and ’30s, at Kapahulu Groin in Waikiki.

Schedules are subject to change; for updated information, visit www.dukesoceanfest.com.

Take your toddlers to the library; different theme and story each week at 10 a.m., every Tuesday.

8-Ball Pool Tournament — Join this popular weekly competition, starting at 6 p.m., Tuesdays, at Tropics Warrior Zone, SB. Best two out of three plays for the champion title on the last Tuesday of the month. Free to play. Call 655-5698.

28 / Wednesday

Sgt. Yano Library Preschool

Story Time — SB library, 10 a.m. each Wednesday, features a different theme and story. Call 655-4707

BOSS Meetings — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming programs. Call 655-1130. •South meetings, 11 a.m., 2nd and 4th Wednesdays, FS Bowling Center. •North meetings, 2 p.m., 1st and

3rd Wednesday, Tropics Warrior Zone.

Teen Wednesdays — Cosmic Bowling for teens for \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m. Free shoes with a two-game minimum. Call 656-1745.

Keiki Night — Every Wednesday night is Keiki Night, 5-8 p.m., at Kolekole Bar & Grill (SB, 655-4466) and Mulligan’s Bar & Grill (FS, 438-1974). Special price for Kids under 10.

munity Center, 10 a.m.-1 p.m., Aug. 24. Event is free. Visit www.walkinginhershoes.org or call Sgt. 1st Class Gregory Jones at (253) 363-1345.

Pearlridge Farmers’ Market — Browse more than 40 booths featuring Oahu produce and locally-inspired artisan foods, 8 a.m.-noon, every Saturday, Pearlridge Center Downtown, in the Sears parking lot. Visit www.haleiwa farmersmarket.com/pearlridge.html.

Obon Festivals — Experience this island celebration of culture and tradition with keiki games, food, music and dance, 4-10 p.m., Aug. 24, at the Kapahulu Center, 3410 Campbell Ave. Nichiren Mission of Hawaii gets into the spirit with its bon dance, 5:30-9 p.m., Aug. 24, at 33 Pulelehua Way in Honolulu.

Ka Himeni Ana 2013 — This annual competition features amateur Hawaiian music groups performing in the “nahenahe” style, featuring sweet vocal harmony supported by unamplified acoustic instruments,

7 p.m., Aug. 24, at Hawaii Theatre. Tickets cost \$20-\$30. Visit www.hawaiitheatre.com/events/ka-himeni-ana-2013/.

26 / Monday

WAAF Lane Closures — There will be lane closures at Santos Dumont Avenue from Sterling Road to Warhawk Street and at Kawamura Gate, Aug. 26-Oct. 22, for road reconstruction.

Lane closures between Sterling Road and Whiteman Road will be performed, 7 a.m.-4:30 p.m., Aug. 26-Sept. 19.

Please note that the project schedule is subject to change pending weather delays. The contractor will have appropriate safety signs and barriers when they close each section of the roadway.

Project contact is Stephen Ibaraki, DPW Construction Management, 656-2532.

29 / Thursday

Girl Scouts — The Hickam, Pearl Harbor area Girl Scouts organization invites interested 5- to 17-year-old girls and family members to an information session, 6-8 p.m., Aug. 29, at Aliamanu Elementary School, 3265 Salt Lake Blvd., Honolulu. Write Leslie Dawson at

Hickam.pearlharbor.scouts@gmail.com or visit www.girlscoutshawaii.org.

30 / Friday

Notte Bianca — Experience Notte Bianca, “white night,” the annual 24-hour culture fest that takes over all corners of Roma, during ARTafterDARK, 6-9 p.m., Aug. 30, at the Honolulu Museum of Art. Featuring art activities, live entertainment, music, themed food and cocktails, and photos in Flipbooks Hawaii’s Instabooth.

For more, call the museum at 532-8701 or visit www.honolulumuseum.org.

31 / Saturday

Okinawan Festival — Join 50,000 visitors for this annual event that celebrates and shares the Okinawan culture through public exhibitions, demonstrations, live music, food booths, arts and crafts, games, a festive bon dance and more, Aug. 31-Sept. 1, at Kapiolani Park. For full details, visit www.okinawanfestival.com.

See COMMUNITY CALENDAR, B-4

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

•Friday, 7:30 p.m. at PH

Pagan (Wicca)

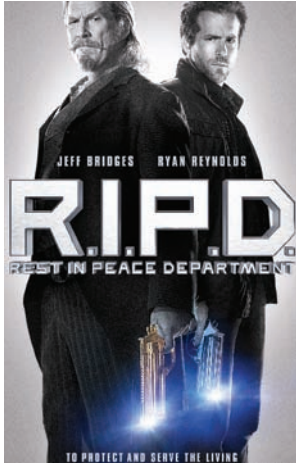
•Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

•Sunday Services
-8:45 a.m. at MPC
-9 a.m., at FD, TAMC chapel
-10 a.m. at HMR
-10:30 a.m. at AMR
-10:45 a.m. at WAAF (Spanish language)
-11 a.m. at SC (Contemporary)
Liturgical (Lutheran/Anglican)
•Sunday, 9 a.m. at WAAF

This Week at the MOVIES
Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.



R.I.P.D.

(PG-13)
Fri., Aug. 23, 7 p.m.

White House Down

(PG-13)
Sat., Aug. 24, 2 p.m.

The Conjuring

(R)
Sat., Aug. 24, 6 p.m.
Thurs., Aug. 29, 7 p.m.

Turbo

(PG)
Sun., Aug. 25, 1 p.m.

Despicable Me 2

(PG)
Sun., Aug. 25, 5 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Hero & Remembrance Run, Walk or Roll is Sept. 7



Service members, family members and friends walk, ruck and run their way across Ford Island and the Ford Island Bridge run route for the Fisher House “Hero and Remembrance Run, Walk or Roll,” last year. TAMC Fisher House volunteers collected more than 6,000 boots that lined the run course and commemorated post 9/11 fallen service members for the 2012 race. (Photo by Spc. Tiffany Dusterhoft, 8th Theater Sustainment Command Public Affairs)

TRIPLER ARMY MEDICAL CENTER
News Release

HONOLULU — The Tripler Fisher House will be hosting its 8K Hero and Remembrance Run, Walk, or Roll, at 6:30 a.m., Sept. 7, starting at the Pacific Aviation Museum on Ford Island.

The event is open to the public and military with no cost to participants.

“Traveling Bronzed Boots” will be passed on to the unit with the most participation whose “Team, to include family members” is registered online by Sept. 1.

Strollers, wheelchairs, small children’s bikes or hand bikes, skates and pets are allowed. No skateboards or adult bikes are allowed.

Shirts will be available for preorder purchase online for \$18 or \$20 at the event; limited quantities are available. Also, bottled water will be available, but no snacks will be provided.

Registration
Register at <http://triplerfisherhouse.eventbrite.com>.

DOT launches annual ‘Beat the School Jam’ campaign

HAWAII DEPARTMENT OF
TRANSPORTATION
News Release

HONOLULU — As part of the annual “Beat the School Jam” campaign, the state Department of Transportation (DOT) has announced plans to postpone construction-related lane closures during daylight hours on major highways, Aug. 26-30, to alleviate traffic congestion during the week when approximately 51,900 university, college and private school students begin their fall semesters.

“We want to remind motorists to expect additional traffic on our roadways, especially beginning Monday, Aug. 26,” said DOT director Glenn Okimoto. “(About) 51,900 university and private school students will be returning to classes, so we encourage people to make use of alternative modes of transportation like carpooling, bicycling, walking or riding TheBus to avoid the increased traffic.”

To help provide motorists with up-to-date traffic information, the DOT announced the release of a new GoAkamai App for iPhone, iPad

and Android mobile devices. The GoAkamai App provides traffic congestion information, drive times and images from more than 200 traffic cameras on Oahu’s state freeways, highways and roads.

“The GoAkamai App will provide motorists with up-to-date information and help them to avoid traffic congestion on their daily commutes,” said Okimoto. “The traffic information will be available 24/7 and give a near real-time snapshot of current conditions on Oahu.”

GoAkamai App users are reminded to access this information via their smartphones before getting behind the wheel, as state law prohibits the use of a mobile device while operating a motor vehicle.

Commuters are also encouraged to take advantage of the www.GoAkamai.org traffic information website to make commutes easier and faster. The website is continuously updated and provides a color-coded congestion map and snapshots from more than 200 traffic cameras around Oahu. Also provided are links to both city and state construction lane closures

and trip-planning information from TheBus. The website is a collaborative effort of the DOT and the City and County of Honolulu.

“The GoAkamai website and App gives motorists more traffic information than ever before, and we appreciate the state DOT’s partnership with the City and County in the development of these great resources,” said Mike Formby, director of Transportation Services, City and County of Honolulu.

“GoAkamai brings together the critical information commuters need to actively manage their routes and travel options, whether by car, bike, TheBus or foot,” Formby added.

Beginning Aug. 26, motorists are advised to adjust their commute times accordingly to avoid peak travel periods and are reminded to properly maintain and inspect their vehicles to avoid becoming potential road hazards.

“Motorists should plan ahead of time and sign up for Nixle alerts on road closures and monitor various media for the latest traffic updates, said Chief

Louis Kealoha, Honolulu Police Department.

Freeway Service Patrol tow trucks will be on duty to provide free emergency roadside service to keep traffic moving on the H-1, H-2 and H-201 Moanalua freeways between the Kunia, Waipio and Kahala areas from 5 a.m. to 7 p.m. on weekdays, excluding holidays.

Helpful Resources
Stranded motorists can call the Freeway Service Patrol at 841-HELP (841-4357). For more information, visit www.fsphawaii.com.

Get the latest traffic information at www.GoAkamai.org.

Sign up for U.S. Army Garrison-Hawaii’s Nixle emergency alerts at <http://local.nixle.com/us-army-garrison-hawaii-emergency-response>.

Eye exams recommended to protect children’s vision

DR. ROBERT KANG, O.D.
U.S. Army Public Health Command

Eye examinations during the early years of any child’s development are a must. According to the National Eye Institute (NEI), vision disorders are the most common handicapping conditions in childhood in the United States; yet, fewer than 15 percent of all preschool children receive an eye examination. It is estimated that up to 5 percent of 3- to 5-year-olds have amblyopia, or “lazy eye,” and about 4 percent have strabismus, or “squint,” where one of the eyes is not aligned with the other eye. Also, 10-15 percent of children have significant refractive errors that require correction with eyeglasses. Overall, 15 percent of children have an eye or vision problem that, if not corrected, can result in reduced vision; however, studies also have shown that preschool vision screenings reduce vision disorders among school-age children. For these reasons, many primary care and pediatric clinics, as well as schools, provide vision screenings.

The purpose of a vision screening is to identify children who would benefit from a comprehensive eye examination. But how effective are these screenings in identifying those children? And, as a parent, can you trust the vision screenings, or should you take your preschooler for an eye examination, regardless?

A large clinical study on preschoolers conducted by the NEI found that specially trained nurses and laypeople were as effective in vision screenings as licensed eye-care professionals. Importantly, however, the results depended on the specific tests and equipment used, as well as the specific vision condition being tested. This study clearly showed the value of vision screening when properly done, but also showed some of its limitations. So, what should a parent do?

The chairperson of the NEI study recommends that parents “question which eye problems are being screened for, the accuracy of the tests” and, more importantly, that “parents should be aware that vision-screening programs do not substitute for a comprehensive eye examination by a licensed eye-care

professional.”

The American Optometric Association recommends eye examinations for infants and children at 6 months and 3 years of age, respectively. For school-age children, eye examinations are recommended before first grade, and every two years thereafter. Of course, infants at higher risk for eye conditions, for example, from family history, should have an examination as soon as medically practicable. Similarly, children with symptoms or higher risks should also be examined more frequently. Vision screenings may be very valuable in identifying children with potential eye and vision problems. However, until more accurate and effective screening tests and equipment become available, parents should be aware that vision screenings do not replace the need for eye examinations. The precious gift of a child’s eyesight should be protected and nurtured with comprehensive eye examinations. *(Editor’s note: Kang is an optometrist with USAPHC.)*



Vision screenings may be very valuable in identifying children with potential eye and vision problems. (Courtesy photo)

Regatta: ‘Everybody paddles as one’

CONTINUED FROM B-1

O’Donnell has been on both sides of the WTB, as both a Soldier in healing and as a cadre whose mission it is to help Soldiers heal. In 2007, he was ejected from a humvee while deployed to Afghanistan, sustaining polytrauma injuries and “essentially was broken head to toe.” After eight months in the hospital as an inpatient, O’Donnell continued the recovery process in the WTB, based at Schofield Barracks, before returning to active duty with the 25th Infantry Division. When a position became available, recently, to serve with the WTB, O’Donnell saw it as the “perfect opportunity for me to give back to the organization that helped me as I was going through my recovery,” he said. Another opportunity presented itself to the WTB, earlier this year — the chance for Wounded Warriors to be involved in a healthy, therapeutic training program out on the ocean in an outrigger canoe. “There’s no better way to start your day than on the water,” said Kimo Wheeler of the non-profit Ka Mamalahoe Canoe Club. A retired command sergeant major with the Army, as well as a combat veteran, Wheeler explained that the canoe club uses modern canoe training regimens, with a heavy emphasis on the culture, traditions and spiritual aspects of early Polynesian canoe voyagers, to assist in training,

inspiring and rehabilitating Soldiers with the WTB. Training is designed on educating each Soldier on the proper techniques, training and understanding of all aspects of the sport, ultimately allowing him/her to regain and maintain physical fitness through on-water therapy. “We’ve seen them react to it in tremendous style,” Wheeler said, noting that since the program began in April, Wounded Warrior Soldiers have completed several long-distance canoe races, including the 16-mile Ka Mamalahoe Challenge from Maunalua Bay in Hawaii Kai out to Ke’ehi Lagoon. “The physical aspect, it’s incredibly challenging,” O’Donnell said, “but to see my crew getting better than where we started, and to see us gel and coalesce as a team, it’s incredible.” “Everybody comes together and paddles as one in a canoe, and I think that’s the big thing — maintaining that team spirit within a wa’a (canoe), within a unit, that makes (this training) more effective,” Wheeler added. “What’s so great about this sport is the team aspect,” O’Donnell agreed. “You’re out on the water, which is a healing environment, and Soldiers are working together with other Soldiers, as well as with veterans and civilians. You’re getting to interact and socialize with other groups, which I think is important to the healing process.”



CONTINUED FROM B-2

Summer Concert — Waimea Valley concludes its summer concert series with “The Future,” featuring Hawaiian artists Kaiholu, Abrigo Ohana, Waiphuna and Maunalua, 11 a.m.-4 p.m., Aug. 31, at the Pikake Pavilion Lawn. Presale tickets cost \$15 adults, \$8 children and seniors; tickets at the gate are \$20 adults, \$10 children and seniors. Visit www.waimeavalley.net.

September 1 / Sunday

Rice Festival — Sample rice dishes from more than 30 vendors, participate in Da SPAM Musubi Eating Contest or watch the experts attempt to re-break the Guinness World Record by building the world’s largest SPAM musubi at this action-packed day of activities that celebrate Hawaii’s favorite food staple, noon-5 p.m., Sept. 1, Ward Centers. Visit www.ricefest.com.

Dick Evans Memorial Road Race — Regarded as the “granddaddy of all Hawaii bicycle races,” this 112-mile ride circles the perimeter of Oahu, starting and ending in Hawaii Kai, 5:45 a.m., Sept. 1. Register at www.usacycling.org/register/2013-1432.

Schofield Football Registration — Sign-up for Schofield “Pirates” football, a tackle football and cheer program for military dependents, grades 4-8, ends Sept. 1. The program is associated with the Hawaii State Junior Prep Football Association, with the first scheduled game Sept. 7. Those interested may attend practices, 6-8 p.m., Mon.-Fri., at the Wahiawa Navy Annex. Contact Sgt. 1st Class Johnson, 655-0737/1382.

Band Challenge and Soloist Contest — Aspiring teen musicians and singers can enter the Koko Marina Band Challenge and Soloist Singing Contest. The first round of competition will take place through YouTube video submissions; deadline is 5 p.m., Sept. 1. Finals, Sept. 21, will have \$3,000 in prizes.

‘Spartan Challenge’ tests 413th CSB’s endurance

CAPT. KASANDRA THARP
413th Contracting Support Brigade

KUALOA RANCH — Saturday, 12 members of the 413th Contracting Support Brigade joined together, bright and early, to compete in the National Spartan, here .

Members of the 413th “Peacekeepers” and family members signed up as a team to compete against one of the best-rated outdoor obstacle courses in Hawaii, spanning 3.5 miles with 21 obstacles.

“Going out and doing something new and unknown can be exciting, yet nerve racking,” said Ryan Lee, a 413th contract specialist. “Having the support of our ‘Spartan’ Army was everything I needed to have confidence in knowing that we will all succeed and finish together as one.”

The memorable Spartan Race is, according to advertisements, “pure primitive craziness.” The obstacles were made up of fire, mud, water and barbed wire; they are meant to take the racers out of their comfort zone.

“I thought the race was a great team-building event,” said Sgt. 1st Class Rachel Harris. “In the Soldiers Creed, it states, ‘I will never quit. I will never leave a fallen comrade.’ We lived those words this past Saturday.”

Master Sgt. Gregory Dorsey came adorned in a Spartan helmet and sword. He completed all the obstacles with his sword intact.

“A true warrior does not give up. Whether you are male or female, strong or weak, ill or healthy, the warrior fights on and loves doing it,” said Dorsey. “The Spartan Race was a testament to the warrior we have in all of us.”

Out of the 400 teams competing, 413th placed 298 with an overall time of just over 2

hours.

“We had so much fun working together; we forgot all about the mud, rocks and hills,” said Capt. Raven Cornelius, after finishing the daunting race.

The team finished the race in Spartan tradition by jumping over a fire, complete with burning coals and ashes, crossing the finish line as a team.

“I believe everyone on the team was excited, yet nervous, about the obstacles and terrain,” said Maj. Frankie Cruz. “One of the greatest feelings from participating in the Spartan Race is that we successfully completed and tackled all obstacles as a team of Soldiers and civilians, and without any major injuries.

“The team’s motivation and hard work brought out the best in each of us,” Cruz added, “and we are looking forward to the next event.”



Several very muddy Soldiers with the 413th Contracting Support Brigade cross the finish line at the Spartan Race. (Photo by Sgt. 1st Class Charles Sykes, 617th Contingency Contracting Team, 413th Contracting Support Brigade)



“The Mighty Masticators” from Tripler Army Medical Center’s Nutrition Care Division try to avoid obstacles (and mud) during the Spartan Race, Aug. 17. See Tripler story at www.hawaiiarmyweekly.com. (Photo by Sondra Brown, Tripler Army Medical Center Public Affairs)



Several very muddy members of the 413th Contracting Support Brigade celebrate their victory over the 5K obstacle course during the Spartan Race, Aug. 16. (Photo by Sgt. 1st Class Charles Sykes, 617th Contingency Contracting Team, 413th Contracting Support Brigade)



Marlene Barretto (front), 413th Contracting Support Brigade, negotiates a very slippery wall during the Spartan Race, Aug. 16. (Photo by Sgt. 1st Class Charles Sykes, 617th Contingency Contracting Team, 413th Contracting Support Brigade)